

2021 LIBERTY FOOTBALL TRAINING CAMP INVITE

Shadow Pines Campground

WHAT TO EXPECT

The 2021 Liberty Summer Football Team Camp is heading to Camp Shadow Pines for the 1st time. The team will depart early Tuesday (7:30am) on July 27th and return Friday, July 30th. At camp, all athletes should expect to room with other team members in camp dorms, attend all football activities, and perform team building activities as well. All transportation, meals and lodging are included in the camp price along with training camp apparel. Most importantly, each athlete will receive complete football instruction that will increase his football knowledge and improve his athletic performance in preparation to the upcoming season.

RECOMMENDED ITEMS TO BRING TO CAMP

- Sleeping Bag/Blankets/Pillows
- Towels
- Toothbrush/Toothpaste
- S&C/Soap/Deodorant
- Sun screen/lip balm
- Sunglasses/Hats
- Insect repellent
- Athletic/workout clothes
- Athletic/workout shoes
- Football cleats (extra pair if possible)
- Football gloves/accessories
- Anti chaffing
- Several pairs of socks and underwear
- Casual/everyday shirts and shorts
- Jacket/sweatpants (temps will get into the 50s-60s at night)
- (breakfast, lunch, & dinner is provided)
- Bottled Water/Recovery Drinks
- Notebooks/Paper/Pencils
- *Spending Money (optional)*
- *iPod/Radio/Travel clock (optional)*
- *Photo Camera (optional)*

LION TRAINING CAMP - GENERAL INFORMATION

COST IS 300.00

IF PAYING IN INSTALLMENTS

1ST PAYMENT DUE \$150.00 by 3-26-21

2ND PAYMENT DUE Paid in Full (\$300) 6-11-21

PAYMENT TO LIBERTY FOOTBALL Boosters (Turn into Coach Thomas)

SAMPLE MEAL PLAN

Lunch

Chicken Patty Sandwich
w/ Lettuce and Tomato
Potato Salad
Chips
Beverage

Dinner

Chicken Alfredo
Fresh Salad w/ Ranch Dressing
Bread Sticks
Desert
Beverage

Breakfast

Bacon
Scrambled Eggs
Cottage Fries
Biscuit and Gravy
Fruit
Juice/Milk

Lunch

BBQ Sandwich
Side Dish...
Chips
Fruit
Beverage

Dinner

Pot Roast
Baked potato
Vegetable
Spring Salad
Roll/Butter
Desert
Beverage

Breakfast

Pancakes
Sausage

Fruit
Juice
Milk

Lunch

Turkey/Ham Sandwich
Mac Salad
Potato Chips
Beverage

Dinner

Penne Rigate Pasta w/ Meat Sauce
Side Dish...
Fresh Salad
Bread Sticks
Desert
Beverage

Breakfast

Sausage
Scrambled Eggs
Cottage Fries
Biscuit and Gravy
Fruit
Milk/Juice

Lunch

Grilled Cheese on Sour Dough
Tomato Soup
Veggie/Ranch Dressing
Fruit
Beverage

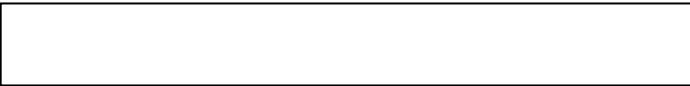
Dinner

Pizza and Wings
Garden Salad
Desert
Beverage

Breakfast

Meaty Burrito

Beverage



<u>SUNDAY</u>	<u>Time</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>FRIDAY</u>
Arrive between 5-5:30AM	5:30am	Wake – Up	Wake – Up	Wake – Up	
Check – In / Team Meeting 6AM	6:00 am - 7:00 am	MTT	MTT	MTT	
BREAKFAST	7:00 am-	Breakfast	Breakfast	Breakfast	
MEETING FILM	8:30am	Meeting/Film	Meeting/Film	PRACTICE #8 8:30- 11AM	
PRACTICE # 1	9:30am-12:00 pm	Practice #4	Practice #6		
LUNCH	12:30	Lunch	Lunch	LEAVE /Lunch	
MEETING FILM	1:30	BEACH	BEACH		
PRACTICE #2 2:30- 5PM	5:00 pm	DINNER	DINNER		
DINNER 6PM	6:00-8:30 pm	PRACTICE #5	PRACTICE #7	ARRIVE LHS 6PM	
PRACTICE #3 7PM					
MEETING GOALS	9:30 pm	Meeting POST CARDS	MEETING SKITS		
Bed Check – Lights out @ 10:30 pm	10:30pm	Bed Check – Lights out	Bed Check – Lights out		

*****BE ON TIME – ARRIVE 5-10 MIN EARLY WHERE YOUR SUPPOSE TO BE***
SUBJECT TO CHANGE**